

**Amendments to the Abstract:**

Please insert the following replacement paragraph for the Abstract of the application:

--The invention relates to a vertical evaporating plate for refrigerating a refrigerator or freezer comprising a roll bond circuit which consists of refrigerant flow channels and comprises descending and ascending sections, wherein at least a part of the channels of the descending section comprise a liquid refrigerant accumulating area of a maximum height ( $h_i$ ), the totality of the heights ( $h_i$ ) is adjustable in such a way that the total volume of the accumulating areas is equal to or greater than half the volume of the liquid refrigerant and each height ( $h_i$ ) is less than 70 % of the entire height of a channel ( $H_i$ ). The inventive plate makes it possible to improve the thermal efficiency and reduce the sound level of a refrigerator or freezer.--